

## WHAT'S HOT

### Stars on stage

The Zone will kick off "Operation Rising Star" an Army-wide competition spotlighting some of the Army's finest talents. The audience will vote for their favorite performer.

Call 353-1085 for more information, or stop by The Zone to pick up an application.

## TODAY

### Hey mister DJ

Join Better Opportunities for Single Soldiers and DJ Suave at The Zone at 7 p.m.

For more information, call 353-9452.

## TOMORROW

### Getting fired up

The Arts and Crafts Center offers a ceramic glaze techniques class from 4 to 6 p.m. The cost is \$18, and materials are provided.

Call 353-7520 for more information.

## MONDAY

### ID card for single Soldiers

Get your Better Opportunities for Single Soldiers ID card at 6 p.m. at The Zone.

For more information, call 353-9452.

## TUESDAY

### Time for class

Employment Readiness will offer an interviewing techniques class from 2 to 3:30 p.m.

Call 353-4327 to register.

### Sugar and cream

Army Community Service will host a waiting families' coffee in Bldg. 3401 from 6:30 to 7:30 p.m.

Call 353-7908 for more information.

### Calling all coaches

A men's and women's basketball coaches meeting is at the Physical Fitness Center at 2 p.m. Call 353-7223 for more information.

## WEDNESDAY

### Say it with a card

The Arts and Crafts Center offers a rubber stamping class where crafters will make holiday greeting cards from 1 to 4 p.m. The cost is \$12.

Call 353-7520 for more information.

### Be a provider

Family Child Care will hold a provider pre-orientation briefing at 11:45 a.m. in Bldg. 4176.

Call 367-6226 for more information.

## THURSDAY

### Supporting you

An Attention Deficit Disorder/At-



file photo

## The last great run

The Outdoor Recreation Center will offer a trip to the Delta Clearwater River, just outside of Delta Junction, to fish for silver salmon. The trip will be Sept. 21 through 24; dates may fluctuate depending on the actual salmon run. The cost is \$65 per person. Anglers should meet at our ORC at the Delta Clearwater River boat launch. Call 361-4089/7746 for information.

tention Deficit Hyperactivity Disorder information and support group meets at School Age Services (Bldg. 4391) from 5 to 7 p.m.

For more information, call 353-4243.

### Tag, you're it

Last Frontier Community Center offers two-for-one laser tag games at 3:30 p.m.

Call 353-7755 for more information.

### Open mic night

It's "open mic night" at The Zone. This Better Opportunities for Single Soldiers event is from 6 to 9:30 p.m.

For more information, call 353-9452.

## FITNESS

### Hyped about health

The Physical Fitness Center is offering a points-based fitness program, "Hooah for Health" supporting health and fitness. Participants are given a list of activities to do and earn points towards fitness goals and prizes.

For more information, call 353-9137.

## SATURDAY

### Hit the ice

Head to the Ice Rink at the Physical Fitness Center for recreational skating from 5:30 to 7:45 p.m.

Call 353-7223 for more information.

### Sit and spin

The Physical Fitness Center offers a spin class at Melaven Gym for \$3 per class.

Monday and Wednesday at 6 p.m.

Tuesday and Thursday at noon

Saturday at 11:30 a.m.

For more information, call 353-1994.

## ACS NEWS

### ACS classes

The following classes are offered through Army Community Service. For more information, call 353-4248.

**Today** — "Family Round Table" from 10 a.m. to noon

**Monday** — "Parenting: Let's go Stress Free" from 10 a.m. to noon  
"Creative Parenting" from 5 to 6 p.m.

**Tuesday** — "Active Parenting" from 11:30 a.m. to 1 p.m. or 5 to 6 p.m.

**Wednesday** — "Blended Families" from 11:30 a.m. to 1 p.m. "When Tempers Flare" from 11:30 a.m. to 1 p.m.

**Thursday** — "That's the Ticket" from 11:30 a.m. to 1 p.m. "Time Management" from 5 to 7 p.m.

### TUESDAY AND THURSDAY Play date

Play mornings at the Last Frontier

Community Center will be canceled for the month of September for program restructuring.

Patrons are still allowed to use the play equipment.

For more information, call 353-7515.

## WEDNESDAY

### Aqua play

Army Community Service offers aqua play, an interactive water play program for children up to 4 years old at the Melaven Gym swimming pool at 12:30 p.m.

Call 353-7515 for more information.

## AT CYS

## TODAY

### Five-on-five

Youth Services will host a five-on-five basketball challenge. Teams must be signed up by 6:30 p.m., and games are from 7 to 10 p.m.

Call 353-KIDS for more information.

## WEDNESDAY

### Tech time

Youth Services' Family Tech Night is from 6:30 to 7:30 p.m.

For more information, call 353-7713.